



SEPTEMBER 2009

# WORKING WELLNESS

*At home and at work, good health starts with you.*

Below is an outline of the benefits provided by your Employee Assistance Program (EAP), Horizon Health. Take a moment to review these benefits that are available to you now.

## Horizon Health Benefit Options at a Glance

<b>Toll-Free Number – (800) 272-7252</b>	<ul style="list-style-type: none"> <li>Confidential consultation and resource services at no cost to you!</li> <li>Immediate access to all EAP benefits.</li> </ul>
<b>EAP Benefits</b>	<ul style="list-style-type: none"> <li>24/7 telephonic assessment and triage</li> <li>Immediate assistance from a qualified member advocate.</li> <li>Face-to-face counseling sessions</li> <li>Telephonic counseling - unlimited number of issues per year</li> <li>Management consultation and referral services</li> <li>Monthly email communications</li> </ul>
<b>WorkLife Benefits</b>	<ul style="list-style-type: none"> <li>Eldercare, childcare, and dependent care consultation and referral - unlimited number of issues per year</li> <li>Convenience services - unlimited number of issues per year</li> </ul>
<b>Financial Consultation</b>	<ul style="list-style-type: none"> <li>One free 30-minute telephonic initial consultation per each new issue with a financial counselor on topics including credit counseling, debt and budgeting, mortgages, retirement planning, and tax questions with local referrals and web access - unlimited number of issues per year.</li> <li>Library of forms, articles, FAQ's, calculators</li> </ul>
<b>Legal Consultation</b>	<ul style="list-style-type: none"> <li>One free 30-minute telephonic or face-to-face consultation with a network attorney or mediator per each new issue - unlimited number of issues per year.</li> <li>25% discount off usual rates for subsequent work with network attorney or mediator.</li> <li>Free simple will preparation</li> <li>10% discount off usual rates for telephonic and online assistance to help prepare legal documents such as divorce forms, estate planning forms, immigration forms, and others.</li> <li>Library of forms, articles, FAQ's, calculators.</li> </ul>
<b>Identity Theft Consultation</b>	<ul style="list-style-type: none"> <li>One free 60-minute telephonic consultation per each new issue with a fraud resolution specialist - unlimited number of issues per year.</li> <li>Specialist assists employees with restoring their identity and good credit.</li> <li>Free "ID Theft Emergency Response Kit."</li> <li>Specialist advises client on how to dispute fraudulent debts due to ID theft.</li> <li>Counselor follows up with the member and monitors progress.</li> </ul>
<b>HorizonCareLink™ Online EAP Services</b>	<ul style="list-style-type: none"> <li>Free live webinars on timely topics</li> <li>Child and elder care searches and resources</li> <li>School and college tools</li> <li>Adoption resources</li> <li>Veterinarian and pet care searches</li> <li>Psychological health resources</li> <li>Assessments and wellness resources</li> <li>Money and time-saving resources</li> </ul>
<b><a href="http://www.horizoncarelink.com">www.horizoncarelink.com</a></b>	<p>Login: MCBOCC Password: MCBOCC</p>

## WHAT IS A DRUG FORMULARY?



A drug formulary is a list of prescription drugs that are preferred by your Plan. Walgreens Health Initiatives (WHI) actually refers to your drug formulary as a Preferred Medication List (PML). The PML can be found by registering and logging into [www.mywhi.com](http://www.mywhi.com).



You can make the most of your pharmacy benefit plan and control your prescription medication costs by using this PML. Share this list with your doctor to select cost-effective medications that are clinically appropriate to treat your condition. The PML may be updated throughout the year, generally quarterly, but PLEASE NOTE: The PML is subject to change without notice

Our pharmacy benefit plan offers three tiers that determine your copays. 1st tier: Generic - \$10 copay; 2nd Tier: Preferred - \$25 copay and 3rd Tier: Nonpreferred - \$70 copay (these medications are not listed on the PML). Not all medications are listed in this PML.

If you don't want to view the whole PML and you would like to look up a specific medication, you can do so by logging into [www.mywhi.com](http://www.mywhi.com). After logging in, click on the following selection located on the left hand side of the webpage: Search preferred drugs.

If you do not have access to a computer call the WHI Customer Care Center toll free at 800-207-2568 for assistance.



## COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Monroe County Workers' Compensation has a new Third Party Administrator (TPA)! Employers Mutual Inc. (EMI) is Monroe County's new TPA.

Below is the contact information for EMI:

EMI  
700 Central Parkway  
Stuart, FL 34994  
TEL: (800) 431-2221  
FAX: (772) 220-1637

As always, a completed First Report of Injury or Illness should be sent to the Benefits Office first.

A First Report of Injury or Illness can be found at

<http://monroecofl.virtualltownhall.net/Pages/MonroeCoFLWorkersComp/index>

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.



# Please Welcome

Our new Workers' Compensation Specialist

**Tammy Sweeting**  
(305) 292-4507

*As always, we are here to serve you!*